

SPUTUM COLLECTION INSTRUCTIONS

NOTE: Sputum is best collected in the morning after the patient wakes up.

1. Drink plenty of fluid the night before the collection.
2. Rinse your mouth with water but do not brush your teeth or use antiseptic mouthwash.
3. Unscrew the lid of the container provided.
4. Sit upright and cough deeply to expectorate sputum directly in the container. Do not contaminate the rim of the container with sputum.
5. Do not expectorate any saliva or postnasal discharge.
6. Label the container with the patient's Last name, First name, Date of birth and time and date the specimen was collected.
7. Bring the specimen to any LABORATORIES NW site as soon as possible during regular business hours. Be sure to bring the lab requisition with you.
8. DO NOT refrigerate sample.

If you have questions, please call LABS NW Client Services at (253) 403-1187.